



## A Letter from the MFA Board Chairperson

Dear Colleagues,

As I look forward to starting a new year in 2021, I am excited to begin my time as Chair of the MFA Board of Directors. I have served on MFA committees for over 15 years and on the Board for the past seven years. It is an honor to continue to have the opportunity to help guide our organization and the medical fitness industry in this role for the next two years.

We have endured a year as challenging as ever in 2020. The MFA staff, Board, and committees have done a fantastic job throughout the pandemic, from publishing the Re-opening Guidelines, to the timely topics covered in the Wellness Wednesday webinars, to the virtual format used for the Medical Fitness Institute and the Annual Conference. There is widespread hope that 2021 will be better. With that hope, MFA has been busy getting prepared. The Board of Directors recently completed a strategic planning process to identify the key imperatives for our organization as we move forward.

I have long said that you will get out what you put into this organization. If you are new to MFA, start by attending a webinar or a conference, even if the format is virtual! If you have been an MFA member for a while, find ways to become even more involved, such as joining a committee, speaking at an event, starting your journey to have your facility certified or obtaining the MFA Fitness Facility Director credential. And look into becoming a Fellow of MFA...you may not realize how close you are to this designation if you have been part of MFA for several years. This status allows you to vote on matters of the MFA and makes you eligible for serving on the Board.

Thank you for the important work you do every day! I am inspired by all of you – your resilience, your dedication, your passion. Please feel free to reach out to me anytime. I look forward to a productive and prosperous 2021 and beyond!

Yours in health,

*David*

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